

# Willow Talk.

OCTOBER-NOVEMBER 2021

## Refer a friend.

THERE'S NO MORE SUPPORTIVE AND SECURE PLACE TO LIVE IN OUR 'NEW' COVID WORLD THAN AN OVER-50S LIFESTYLE COMMUNITY LIKE PALM LAKE RESORT WILLOW LODGE.

Homeowners here are blessed to enjoy neighbours who support one another, while they also benefit from the ongoing support offered by local and upper levels of management. If you have a friend or family member who'd like to join us here at Willow Lodge, did you know there's a 'Refer a friend' cash bonus available? Check out Page 10 for information and also Pages 8, 9 and 11 for the homes we currently have available.





**Pictured above:** Caretaker Brendan and his buggy-full of goodie bags, being delivered to grateful Willow Lodge homeowners.

# Welcome.

With spring now here, what an array of colour we have around the resort! Chuckles thanks everyone for missing him during the colder weather and has now reappeared in Wendy and Ray's front garden, surrounded by blooms, at 1 Grand Court. Make sure you look out for him.

We hope everyone enjoyed their little gift bag we delivered recently. We cannot believe how many of our residents enjoy a 'Word Search' puzzle and we are very happy for those who have jumped on board with our little competition. Good luck, as each entry from each street could be a winner. Stay tuned for the results on Friday October 1.

Thank you to all who have phoned in with your entries to the 'Creative Art Competition'. We cannot wait for you to show off your talents. So far our entrants have registered quilting, paintings, pencilling, peg baskets, fun sign displays, knitting and other entries yet to be disclosed. The date has been delayed due to the recent lockdown, but we are sure more creative talents will surface given the extra time to achieve. You will all be winners but 12 lucky contestants will have an opportunity to showcase their talents in a 2022 calendar supported by Palm Lake Group Managing Director Scott Elliott and gifted to Willow Lodge.

We have now received plans for the small hall from Glen, the Site Supervisor. They are in early stages of a major renovation. The outside cladding has been removed and will be replaced with a combination of render and weatherboards. New windows and doors will be installed.

The inside of the hall will be reconfigured which really excites us. There will be a kitchenette to support those using the theatre, billiard room, library and sitting area, together with toilets. The plan is a proposal and changes have already been implemented to support our residents' needs. We are very fortunate to be able to work closely with Glen to achieve the best results for the majority. Bring it on, we say!

It's been a long road for many things, including Covid and all these restrictions. Don't forget that if you need someone to chat with or need a buddy, we will support you in finding one on the phone, on a Zoom meeting or in person. We have a lot of celebrating to do when these restrictions lift! Stay positive and if you need help, just call us.

**Jan & Brendan, Resort caretakers**

## CONTACT US

Looking for more info about Willow Lodge? Find us:

**Online:** [palmakeresort.com.au](http://palmakeresort.com.au)

**Social media:** Follow Palm Lake Resort on Facebook and Instagram to see what's happening right across the group.

**Street address:** 2 Willow Rd, Bangholme.

**Freecall:** 1800 974 981.

# News briefs.

## GRATITUDE APLENTY

Hi Jan and Emma, It was great to come home to find your goodie bag on my front door. Thanks for the effort put into this, the logistics involved and the thoughtfulness behind it! When we're out of lockdown, I'll come to the office one day so you can see the smile on my face to show you how happy I am to be here. My neighbours so far have been welcoming and supportive and I'm looking forward to socialising with them... eventually... I'm sure you're inundated with stuff at the moment but, please, keep up your fantastic work! I'll now eat chocolate...

**Chrissie Hudson**

## BOWLS CLUB REPORT

After an unusual 2020/21 season, we were all looking forward to a near 'back to normal' Season 2021/22. But, alas, this new season has been disrupted even more so with the latest COVID lockdown.

Opening day was to take place August 28 and is now on hold along with all club games and proposed practice matches. Secretary Ron is receiving pennant information all the time from Bowls Victoria, so we will keep you informed either by Facebook, email or phone.

Let's hope it is not too long before we can get back on the green again. Keep safe everyone.

**Maureen Atwell,  
Willow Lodge Bowls Club**



## EXTRA, EXTRA!

The Spring 2021 edition of the Palm Lake Group's company magazine has officially hit the news stands, and it's full of the latest and greatest news from Palm Lake Resort and Palm Lake Care. If you haven't received a hard copy in your mailbox, you can also read it online at our website [palmakeresort.com.au/news](http://palmakeresort.com.au/news)

## WELLBEING KITS WORK WONDERS

We recently distributed wellbeing kits to our residents to brighten their (lockdown) days. Judging by the feedback we've received, the goodie bags went down a treat. We really appreciate everyone's positivity and patience through this unprecedented time.



**YOUR WELLBEING IS OUR PRIORITY**



# Small yard, big furry love.

DOWNSIZERS DON'T TYPICALLY MOVE TO PALM LAKE RESORT WITH CHILDREN IN TOW, BUT FUR KIDS ARE A WHOLE OTHER STORY! IF YOU'RE CONSIDERING GROWING YOUR FAMILY, TRY THESE SMALL-YARD BREEDS.

If there's one type of resident we love here at Palm Lake Resort it's the furry four-legged variety. When the actual kids grow large enough to fly the coop, pets can fill in a big void left by the children's departure. The joy of owning a pet isn't new to most Australians - we have one of the highest rates of pet ownership in the world. Here at Palm Lake Group, we've built our resorts to be pet friendly because we know just how important pets are for the majority of our over-50s residents, too. For example, Palm Lake Resort Willow Lodge offers a safe, fully fenced off-leash dog run (pictured right). Palm Lake Resort pooches can roam free in our dog run, enjoying a spot of exercise while also getting that important social interaction with their four-legged neighbours. What we've found right across the Group, however, is that our off-leash dog runs are magnets for like-minded residents. Neighbours congregate to let their furry friends enjoy time together but for the humans themselves, it's a great social outlet. And the regular walks to and from the off-leash areas are providing our residents with that all-important incidental exercise (with fresh air and vitamin D the cherries on top). Our resorts are pet friendly, because we know just how important pets are to you!

## Dachshund

Dachshunds are energetic, loveable and loyal, promising to be the perfect companion for any retiree. Their medium-level exercise needs mean they prefer homes with a small backyard, but also enjoy daily walks and space to run outside the confines of your home. They are highly playful and likely to bark but are certainly trainable, showing intelligence and energy. You just need to consider that though their coats are short, they can still shed.

## Cavalier King Charles Spaniel

Small and sophisticated, don't let the Cavalier King Charles Spaniel's petit size fool you – this regal breed is tough to beat. With an even temper and gentle disposition, the Cavalier will often adapt easily to its owner's lifestyle; they can be active and inactive in equal measure. Bred to be a beloved lap dog, they are also descendants of sporting breeds and will enjoy moderate exercise and outdoor activities. You'll find a Cavalier enjoys an afternoon walk just as much as an evening on the couch.

## Yorkshire terrier

The Yorkshire Terrier, affectionately known as a 'Yorkie,' is small and quiet, making them the perfect housemate. Their friendly nature means they don't mind company and are typically relaxed around other pets and people, making them perfect for social owners who would enjoy spending time at the dog park. While they have a lot of energy, it can be well spent in a small backyard – though they will never say no to an afternoon stroll. Bonus: they look like puppies for most of their life, making them perfect for owners who never want their fur babies to grow up.

## Boston terrier

Commonly confused with a French Bulldog, the Boston Terrier boasts tall, upright ears and a flat face, with black and white markings sometimes referred to as a 'tuxedo jacket'. Originating from, you guessed it, Boston, the Boston Terrier requires active exercise (throwing a ball or a toy, or agility training) and can become frustrated when left alone for long periods of time. Considering adopting your very own? Be warned: their big, round eyes will surely win you over, promising love at first sight.

## Maltese

Small but mighty, don't be fooled by the Maltese's prim and proper appearance – behind the white, fluffy exterior is a dog you're sure to love. Their small stature makes them ideal for small backyards, while their soft coat is unlikely to shed, making them a great choice for indoor living. Their coat is even considered hypoallergenic, meaning they will fit seamlessly into almost any family. Your Maltese will love running around in your backyard but will also never say no to a trip to the dog park or a walk.



MY, MY, MY,  
WE WELCOME  
DELILAH!

## Man's best mate.

GARY AND MARIA LACEY ARE DOG LOVERS FROM WAY BACK, SO WHEN IT CAME TIME TO SAY GOODBYE TO THEIR LONG-TIME FOUR-LEGGED FRIEND IN RECENT MONTHS, THERE WAS NO DOUBTING THEY'D FIND ANOTHER FUR-KID...

When Gary and Maria Lacey moved into Palm Lake Resort Willow Lodge in June 2020, their 13-year-old blue heeler cross German pointer, named Stormy, was ever-so pleased to join them here. Our resort offers a secure dog run, walking paths and loads of other furry friends for the doggos to socialise with. Unfortunately for the Laceys, however, Stormy crossed the rainbow bridge in recent months which threw up the question - would they get another dog and, if so, what would be the best breed? They settled on something quite unique...

"Delilah is a 'puggle'," Maria explains. "She's a cross between a pug and a beagle (pictured above)."

Maria and Gary both admit that the facilities here at our location are "terrific" for dog owners. And in these unprecedented times, owning a dog is a wonderful distraction. As Gary explains, dogs bring likeminded people together because they're a great talking point.

"Delilah has her friends and they run and play together in the dog run. There are lots of shih tzus, pugs, maltese terriers and the odd corgi here," Maria says. "We love living here. It's been really good for all of us."

Maria says they actually 'upsized' their house upon moving to Palm Lake Resort, while the 'downsize' came with the smaller, low-maintenance land size. She says it's the perfect combination for the three of them - Delilah included.

"It's ticking all the boxes for us," Gary smiles.



# Don't stop the music.

IT MAY HAVE BEEN DECADES SINCE YOUR PARENTS INSISTED YOU TAKE PIANO LESSONS, BUT DON'T THINK YOUR MUSICAL DAYS ARE BEHIND YOU. THERE ARE PLENTY OF REASONS TO PICK UP A MUSICAL INSTRUMENT IN YOUR ADULT YEARS.

### It boosts brain power

Much like puzzles or playing chess, learning to play music is a great way to improve your cognitive ability. Reading and playing music is believed to stimulate the brain in a way that benefits your memory retention and also helps you retain new info. Experts believe that, when it comes to brain power, you 'use it or lose it'. In particular, learning to play a musical instrument has been associated with a lower risk of developing dementia. Why? Musical training and performance are believed to increase your brain's resiliency – so much so that musicians are 64 per cent less likely to develop mild cognitive impairments and dementia.

### It relieves stress

Listening to music is a great stress reliever, but did you know that playing a musical instrument also has calming powers? According to studies, playing an instrument can help us refocus negative feelings into something not only positive, but enjoyable. Whether you are banging out a rhythm on the drums or plucking a melody on the guitar, making music is believed to have a unique ability to reduce your blood pressure and heart rate. This act can also contribute to the release of 'happy hormones' (endorphins) into the bloodstream, leaving you feeling relaxed.

### It makes you more patient

Many of our Palm Lake Resort residents will agree that life doesn't slow down in retirement – in fact, with so much to do, things move at a faster pace than ever before! Learning a musical instrument is one fantastic way to chill out, slow down and enjoy the moment. Patience is an essential skill for any budding musician to master as they learn to read and play the notes, and many report finding themselves employing more patience when they interact with the people and things around them.

### It's good for your body

You may not break a sweat, but playing an instrument promises a host of physical benefits that you may not have thought about. Moving your fingers along the keys of a piano or the strings of a guitar enhances your hand-eye coordination and fine motor skills – two skills that can easily be transferred to almost any other activity, be it crochet or croquet. Wind instruments, too, improve the function of your respiratory system by ensuring you breathe properly. Need we go on?

### It's a great way to make friends

Looking to widen your social circle? Playing a musical instrument could help! A number of Palm Lake Resort locations have resident music groups where like-minded musos can come together and jam out. From choir to the ukulele to all-out Rock 'n Roll bands, our residents make use of the time and resources available to them in retirement to live out their dreams of musical stardom.

## A soundtrack for life.

THE BEST THING ABOUT RETIREMENT IS THAT IT FINALLY GIVES US A CHANCE TO FOCUS ON THOSE INTERESTS AND HOBBIES THAT WE'VE PUT ON HOLD WHILE LIFE GOT IN THE WAY.

Pictured below, John is a Palm Lake Resort Willow Lodge resident who has enjoyed music right across his lifetime. His interest in playing guitar, specifically, came about at a young age after he was given a beginner's instructional guitar book. John remembers, at the time, earning money from a paper round. He recalls that his mother went halves with him in the purchase of his first guitar – and his obsession officially began!

As a school-aged child, John practised the guitar with others after school hours. By the age of 18, John joined the Fantasia band. This popular musical ensemble played at 21st birthday parties, dances, weddings and other engagements for about 10 years. It was a wonderful time in John's life but he decided to leave the band to take the opportunity to travel around Australia. In the blink of an eye, life happened. And now, in retirement, John is finally able to enjoy his guitar again, playing socially with other musos here at our resort.



## Weekly activities.

### MONDAY

**10am** Line dancing, Main Hall  
**10am** Workshop, The Shed  
**1pm-3pm** The Crafters, Main Hall  
**6.45pm** Darts, Sports Club

### TUESDAY

**10am** Aerobics for seniors  
**12noon** Social Bowls  
**12.45-3pm** Indoor Bias Bowls, Small Hall  
**1pm-5pm** Karaoke, Main Hall  
**7pm** Indoor Bias Bowls, Small Hall

### WEDNESDAY

**10am** Workshop, The Shed  
**11.30am-5pm** Card Players, Sports Club  
**1pm-3pm** Table Tennis, Small Hall

### THURSDAY

**7pm** Bingo Eyes Down, Main Hall

### FRIDAY

**10am** Workshop, The Shed  
**1pm-5pm** Card players meet, Sports Club  
**1pm-5pm** Karaoke, Main Hall  
**5pm-8.30pm** Bar open  
**3pm** Last Friday of the month: Barefoot Bowls, followed by pizza in the Sports Club

### SATURDAY

**10am** Aerobics for seniors  
**10am** Workshop, The Shed  
**1pm-3pm** Saturday Knitters, Main Hall  
**5pm-8.30pm** Bar Open

### SUNDAY

**12noon** Social Bowls  
**5pm-8.30pm** Bar Open

# NEW HOMES FOR SALE

**MOVE-IN READY!**



## 14 Hollydene Court - POA

Under construction now and close to completion, this lovely custom-built home will impress. The open-plan kitchen, dining and lounge is tucked away at the rear of the home opening up on a fully covered alfresco. Features include: Extra toilet, quality appliances and location, location, location!

Contact us today to arrange a tour, and secure your new lifestyle 1800 974 981



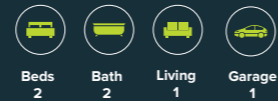
## 10 Glade Drive - POA

As you approach 10 Glade Drive, you are met with an inviting covered porch and entry hall. The home opens up to offer two bedrooms and a third multi-purpose room, two bathrooms, a spacious kitchen and dedicated living and dining areas. The master is more of a 'suite' than a stock-standard bedroom. There's an expansive walk-in robe there as well as a large ensuite with double vanity.



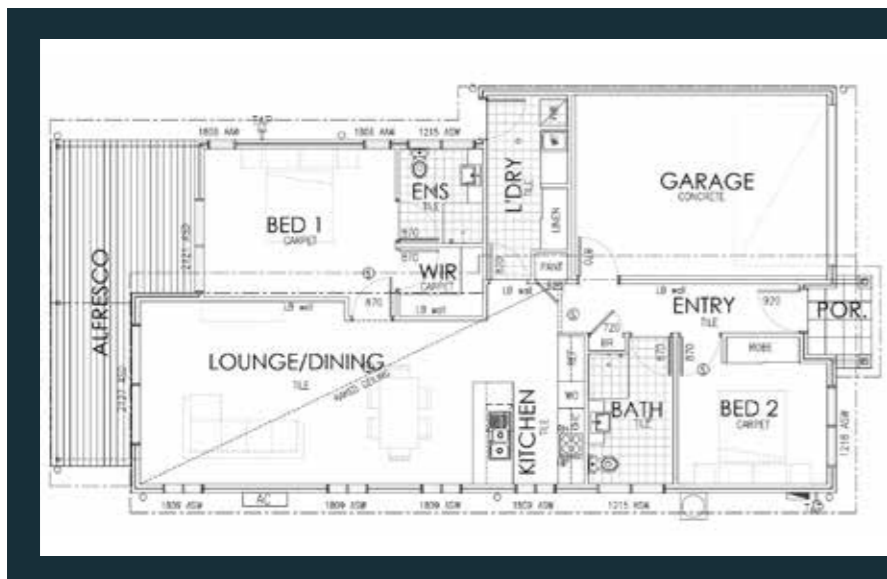
## 2 Rustic Drive - POA

Looking to downsize? This is the place for you! With our new community facilities underway you will fall in love with the quality and design of this home. Walk through and you will be impressed with the layout, low maintenance, undercover alfresco area and much more! Features include: SMEG appliances, plenty of storage, no Stamp Duty, no rates and FREE water. Book an inspection now on 1800 974 981.



## 2 Conservation Drive - POA

New design under construction. This home, on completion, will be presented with an open plan lounge/dining area which will continue out onto a fully covered alfresco area. Adjoining the same alfresco, the master bedroom is pleasantly appointed with walk-in robe and ensuite. Extras include a study nook and quality SMEG appliances. Palm Lake Group pride themselves with all their custom designs, providing abundance of storage and a quality finish.



## 11 Eureka Court - POA

Currently under construction. Presenting a custom-built home with 'WOW!' features and close to the new community facilities currently under construction. This entertainer will impress. Key features include: Quality appliances, fully covered alfresco, no Stamp Duty, no rates and FREE water. Contact us today to arrange a tour and secure your new lifestyle. Freecall 1800 974 981.



## 2 Warrick Drive - POA

This brand new two-bedroom custom-designed home is under construction. Secure your purchase and be invited to make your own choice of internal colours. This home has plenty of features including a study nook, powder room and great open-plan kitchen, lounge, dining leading onto a fully covered alfresco.

Contact us today to arrange a tour and secure your new lifestyle - freecall 1800 974 981.





# Helping friends become neighbours.

We know your friends love coming to visit your Palm Lake Resort home and enjoy sharing our resort facilities with you, right? Refer a friend to join you and become part of our exclusive community, and if they purchase one of our established Palm Lake Resort homes (or a new home from elsewhere in the group, for that matter), you'll receive up to \$500\* cash. Easy!

**\$500**  
for a brand new home

**\$250**  
for an established home

For more information and to refer your friend, simply contact our Sales Information Centre on 1800 974 981. \*T&Cs apply

The best in over-50s living. This is your time.  
palmakeresort.com.au



## ESTABLISHED HOMES FOR SALE



### 9 Royal Drive - \$380,000

Are you ready to downsize and move into an over 50's lifestyle? This 2 bedroom, 2 bathroom home is ready for you to move in. Recently refurbished with new carpet and freshly painted. You won't be disappointed, book your site tour now on 1800 974 981.

Beds 2	Bath 2	Living 1	Alfresco Living	Garage 1.5



### 1 Warrick Drive - \$320,000 ono

This 2 bedroom home is in a great location set back from Willow Road with a lovely front verandah privately hidden by a beautiful landscape garden. It features open plan living and a double tandem carport.

Beds 2	Bath 1	Living 1	Alfresco Living	Garage 1.5



### 8 Birch Court - \$445,000

Near new! This spacious home is situated at the end of a quiet court. You will find comfort with the many features including 2 large sized bedrooms with built in robes. The master bedroom has an ensuite & a walk in robe. The multipurpose room can be a study or a third bedroom. As you walk through to the lounge dining area, you are presented with glass sliding doors opening up to a large open deck. The double garage has an internal & external door access. This home is value for money.

Beds 2-3	Bath 2	Living 1	Alfresco Living	Garage 2

# “LIVING OUR *Best* LIVES”



NEW  
MOVIE  
THEATRE  
COMING  
SOON!

The best in over-50s living. This is your time.  
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